Fats Homework:

Please answer these questions.

Daily recommendations for 11-14 year olds is 65-110 g

1. Why do you think there is such a wide range for the recommended amount of fat?

Food Diary

1. Look at your days in the food journal. Put stars by the foods that you think contain fat.
2. List the foods that you ate that you think contain saturated fat.
3. List the foods that you ate that you think contain unsaturated fat.
4. Are there any foods that you are unsure of?

Go to the following Subway website to find nutritional information for their products.

<http://www.subway.com/en-us/menunutrition/nutrition>

1. Which items have the highest amounts of cholesterol? Which items have the least amount?
2. Find a sandwich that surprised you with the amount of fat it has (either higher or lower than expect). What was it? How much fat did it have?
3. Which “extra” item has the most fat? How much does it have?
4. Which “extra” item has the least fat? How much does it have?
5. Pretend you go to Subway for lunch. Pick out a sandwich, an extra, and a salad.
   1. Write down what you choose.
   2. Add up to total fat of the meal.
   3. Add up the total saturated fat.
   4. If your daily recommendation is 65g, what percent of your daily recommendation for fat have you just consumed?